

Shepherd's Beef Pie with Truffle Mashed Potatoes



Makes:

6 servings

Utensil:

Saladmaster Food Processor
3 Qt./2.8 L Sauce Pan with Cover
3 Qt./2.8 L Perforated Basket
11" Large Skillet with Cover

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Recipe:

Contributed By:

Chef John Lara
Personal chef to former U.S. President
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Recipe Description:

Serve your family this "comfort food" with the luscious gourmet additions and they'll be so satisfied they won't want to leave the table.

Truffle Mashed Potatoes

2 pounds
Yukon gold potatoes, washed and shredded, cut into large cubes
(900 g)
1/2 cup
fat-free milk
(120 mL)
1 tablespoon
butter, light and unsalted
(14 g)
1/2 teaspoon
white truffle oil
(2.5 mL)

Entrée

1
pound beef, chuck extra (454 g) 3
lean 3
ounces, 1/3 yellow onion, strung, use Cone (85 g) 6
cup #2 1
ounces, 1/3 celery, 1/3 cup, sliced, use Cone (85 g) 1/2
cup #4 1/2
ounces, 3/4 carrots, sliced, use Cone (170 g) 1/2

- cup

#4

Directions:
- cup peas (145 g)

teaspoon cumin (2.5 mL)

teaspoon Place 3 cups (750 mL) water into sauce pan and bring to a boil over medium heat.
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2. Place potatoes in steamer inset and place into sauce pan, reduce heat to low and simmer potatoes for 30 minutes until just tender. Fork will easily penetrate potato.

3. Drain water. In same sauce pan add milk, butter and truffle oil. Whip potatoes with electric mixer or manual masher until smooth.

Entrée

1. Preheat skillet on medium heat. When several drops of water sprinkled on the pan skitter and dissipate, add beef and cook, stirring occasionally, until no longer pink, approximately 10 - 15 minutes.
2. Add onions, celery, carrots, garlic and sauté for another 10 minutes.
3. Add Worcestershire sauce, tomato paste, balsamic, brown sauce, nutmeg and rosemary. Reduce heat to medium-low and simmer for approximately 30 minutes.
4. Add peas and simmer for an additional 5 minutes.
5. Preheat oven to 400°F/205°C.
6. Top beef entrée with mashed potato mixture. Remove handles, place in oven and bake for 20 - 25 minutes.
7. Garnish with sprig of rosemary and grape tomatoes and fresh parsley.

Nutritional Information per	
Serving	
Calories:	511
Total Fat:	29g
Saturated Fat:	14g
Cholesterol:	72mg
Sodium:	323mg
Total	43g
Carbs:	
Dietary Fiber:	6g
Sugar:	5g
Protein:	20g